

# General Bereavement Therapy Group

## **ABOUT**

This 10-week therapy group is for all people who have experienced the death of a partner/spouse, parent, child, sibling, or friend.

The group will provide a supportive and caring environment for individuals to learn about themselves and from each other as they move through this difficult period in life and continue the healing process.

## **With Facilitators:**

Courtney Seefeldt, M. Ed.  
Tracy Rocca, BA

Lethbridge Family Services



Since 1910

Counselling, Outreach & Education

**Intake Dates: January & February, 2025**

**Group Date and Time:**

**Every Wednesday**

**February 12th to April 16th, 2025**

**5:30pm to 8:00pm**

**Contact:**

**403-327-5724**

**counsellingintake@lfsfamily.ca**

**Open to:**

- Ages 18+
- No fee to participate

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